

SENIOR SERVICES EVENTS & ACTIVITIES

DECEMBER 2009

SENIOR SERVICES 292-8262 TRANSPORTATION PROGRAM 292-8261

NUTRITION PROGRAM ON-SITE CAFÉ 292-8279 NUTRITION PROGRAM MEALS - ON - WHEELS 292-8279

monday

tuesday

wednesday

thursday

friday

UPCOMING EVENTS:

1/20 - NUTRITION CLASSES START
1/21 - COFFEE HOUR W/ LAURA
1/26 - FREE EYE SCREENINGS
2/18 - CT FLOWER/GARDEN SHOW

*Please note - there will not be
chair yoga on Dec.1st & 8th

FOOT CARE SERVICES
9:00 - 12:00
CAFÉ LUNCH ~ NOON
HEALTH NET'S
SENIOR STAR SEARCH
COMPETITION 1:00

GROCERY SHOPPING
AT GEISSLER'S
9:00AM - 10:30AM
A.C.T.I.V.E. CLASS
10:30 - 11:15
CAFÉ LUNCH ~ NOON
WAREHOUSE POINT LIBRARY 1:00

E.C. 911 SAFETY PROGRAM 10:30
FOOT CARE SERVICES 9:00 - 2:00
WALKING PROGRAM 9:30
FREE BLOOD PRESSURE/ BLOOD
SUGAR SCREENING 10:00 - 2:00
CAFÉ LUNCH ~ NOON
SENIOR CLUB MEETING 1:00 - 3:00

GOVERNOR'S MANSION
HOLIDAY TOUR 9:30 - 11:30
FREE PROGRAM - TOYS FOR TOTS
DONATIONS ACCEPTED
CAFÉ LUNCH ~ NOON
Wii FIT 1:00 - 2:00

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11

SHOPPING @ WAL-MART /
BIG Y PLAZA 9:00 - 11:00
A.C.T.I.V.E. CLASS
10:30 - 11:15
CAFÉ LUNCH ~ NOON
WALKING PROGRAM 12:30

COMMUNITY CONVERSATIONS -
WITH SAMANTHA LEE
TAX COLLECTOR, TOWN OF
EAST WINDSOR 10:30-11:30
CAFÉ LUNCH ~ NOON
Wii LEAGUE BOWLING 12:30 - 2:30

GROCERY SHOPPING
AT GEISSLER'S
9:00AM - 10:30AM
A.C.T.I.V.E. CLASS
10:30 - 11:15
CAFÉ LUNCH ~ NOON

SPECIAL MOTOR COACH TRIP -
SALEM CROSS CHRISTMAS
9:00 - 7:30
WALKING PROGRAM 9:30
CAFÉ LUNCH ~ NOON

SHOPPING @9:00AM
CHRISTMAS TREE SHOPS
CAFÉ LUNCH ~ NOON

SCRABBLE CLUB 12:30 - 1:30

14

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18

SHOPPING @ WAL-MART /
BIG Y PLAZA 9:00 - 11:00
A.C.T.I.V.E. CLASS 10:30 - 11:15
CAFÉ LUNCH ~ NOON
WALKING PROGRAM 12:30

SET UP FOR MONTHLY SOCIAL
AND HOLIDAY DINNER 10:00 - 3:00
CAFÉ LUNCH ~ NOON
ANNUAL TOWN-WIDE HOLIDAY
LIGHTS CONTEST JUDGING 4:30 - 6:30
FREE CHAIR YOGA 1:00 - 2:00

ANNUAL CHRISTMAS HOLIDAY
DINNER SOCIAL WITH A SPECIAL
VISIT FROM SANTA 10:30-2:30
FINAL PAYMENTS DUE FOR
JANUARY TRIPS/SIGN-UPS
FOR FEBRUARY TRIPS

GROCERY SHOPPING AT
GEISSLER'S 9:00
WALKING PROGRAM 9:30
CAFÉ LUNCH ~ NOON
SENIOR CLUB MEETING 1:00 - 3:00

SPECIAL DIAL-A-RIDE TRIP
SHOPPING @9:00AM
BURLINGTON COAT FACTORY
CAFÉ LUNCH ~ NOON
Wii FIT 1:00 - 2:00

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SHOPPING @ WAL-MART /
BIG Y PLAZA 9:00 - 11:00
CAFÉ LUNCH ~ NOON
WALKING PROGRAM 12:30

MORNING MOVIE AND MUFFIN:
CHRISTMAS WITH THE KRANKS
10:00 - 11:39
CAFÉ LUNCH ~ NOON
FREE CHAIR YOGA 1:00 - 2:00

GROCERY SHOPPING
AT GEISSLER'S
9:00AM - 10:30AM
CAFÉ LUNCH ~ NOON
Wii LEAGUE BOWLING 12:30 - 2:30

WALKING PROGRAM 9:30
Wii BOWLING 10:00 - 12:00
CAFÉ LUNCH ~ NOON

CENTER CLOSED


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SHOPPING @ WAL-MART /
BIG Y PLAZA 9:00 - 11:00
CAFÉ LUNCH ~ NOON

FILE OF LIFE OUTREACH ASSISTANCE
10:30 - 11:30
CAFÉ LUNCH ~ NOON
FREE CHAIR YOGA 1:00 - 2:00

GROCERY SHOPPING
AT GEISSLER'S @9:00
CAFÉ LUNCH ~ NOON
Wii LEAGUE BOWLING 12:30 - 2:30

WALKING PROGRAM 9:30
Wii BOWLING 10:00 - 12:00
CAFÉ LUNCH ~ NOON

Due to building renovations, we will temporarily relocate to the Scout Hall Youth Center from Nov. 23 - Dec. 11, 2009. The Scout Hall is located at 28 Abbe Rd. Directions are posted on our website and at the senior center. The number you may reach us at is 627-8208. In the event of inclement weather, we follow the same schedule as the East Windsor School system. Please listen to WTIC Radio Station 1080AM or Channel 3-WFSB for school closings. When the school system has a delayed opening due to inclement weather, the Transportation Program will also have a delayed start time. When the East Windsor School system closes early due to unfavorable road conditions, it may be necessary to close the senior center early.

11/18/09